



# International Sugar Organization

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EXECUTIVE DIRECTOR

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(English only)**

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## **Sugar Labelling and Definition Articles from Food Navigator.com and Sugaronline**

The Executive Director would like to draw your attention to the link below published in Food Navigator.com and the two articles from Sugaronline from 6 and 9 January respectively.

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[Confused about added sugar? FDA issues draft guidance on Nutrition Facts changes](#)

By [Elaine Watson+](#), 05-Jan-2017

The FDA has attempted to clear up some of the confusion over defining and calculating added sugar, in new draft guidance designed to help firms get to grips with the key changes it is making to the Nutrition Facts panel.

<http://www.foodnavigator-usa.com/Regulation/FDA-issues-draft-guidance-on-Nutrition-Facts-added-sugar>

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### **Sugaronline – 6 January 2017**

#### **US: FDA clarifies added sugar definition for food labels**

The effects of processing will determine whether fruit and vegetable ingredients contribute to a product's added sugars, which must be listed in an upcoming new Nutrition Facts Panel, according to draft guidance issued Jan. 4 by the American Food and Drug Administration, reports Food Business News.

If sugars in the processed fruit or vegetable ingredient are in excess of what would be expected from 100% fruit or vegetables, those sugars must be declared as added sugars.

“If the ingredient contains all of the components of a whole fruit or vegetable, but has been processed so that the plant material is physically broken down into smaller pieces or water is removed, we would not consider the sugars contributed from the portion of the fruit or vegetable that is typically eaten which is used to make such an ingredient to be added sugars,” the F.D.A. said. “However, if a fruit or vegetable is processed in such a way that it no longer contains all of the components of the portion of a whole fruit or vegetable that is typically eaten (e.g., the pulp from the fruit has been removed) and the sugars have been concentrated, the sugars in such an ingredient are consistent with how we have considered the sugars in fruit juice concentrate because the ingredient is a concentrated source of sugars and contributes additional calories to a food when added as an ingredient without additional water.”

The labelling of added sugars is included in a final F.D.A. rule called “Food Labelling: Revision of the Nutrition and Supplements Facts Labels” that was published in the May 27, 2016, issue of the Federal Register. Manufacturers with \$10 million or more in annual food sales must be in compliance with the new labelling rules by July 26, 2018. Manufacturers with less than \$10 million in annual sales have until July 26, 2019.

The final rule changes “sugars” to “total sugars” in the Nutrition Facts Panel and requires the amount of “added sugars” to be indented and appear below “total sugars.”

The final rule defines added sugars as sugars that either are added during the processing of foods, or are packaged as such, and include sugars (free, mono- and disaccharides), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices that are in excess of what would be expected from the same volume of 100% fruit or vegetable juice of the same type. The final rule excludes whole fruit, fruit pieces, dried fruit, pulps and purees as meeting the definition of added sugars.

The F.D.A. also addressed fruit juice blends in its Jan. 4 guidance. If the juice blend is reconstituted such that the sugar concentration is less than what would be expected in the same amount of the same type of single strength juice, the added sugar declaration would be zero. However, if the sugar concentration is greater, the amount of the excess sugar must be declared as added sugars.

The loss of water during processing also should be accounted for to reflect the concentration of the fruit juice ingredient.

The F.D.A. are accepting comments on the draft guidance for 60 days following the publication of the guidance in the Federal Register.

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## **Sugaronline – 9 January 2017**

### **US: FDA issues draft guidance on added sugars**

The U.S. Food and Drug Administration (USFDA) issued a draft guidance clarifying the declaration of added sugars on the new Nutrition Facts Label for prepared foods, according to Asia Food Journal.

According to the guidance, foods sweetened with concentrated fruit or vegetable juices are considered "sugar-sweetened foods." This means processors may be required to declare the sugars as "added."

Not all foods sweetened with concentrated fruit or vegetable juices are subject to the new rule. The trick lies in how the fruit or vegetable is processed and how much sugar the final product contains.

The USFDA writes: "If a fruit or vegetable is processed in such a way that it no longer contains all of the components of the portion of a whole fruit or vegetable that is typically eaten (e.g., the pulp from the fruit has been removed) and the sugars have been concentrated," those are added sugars.

If those sugars "are in excess of what would be expected from an ingredient made from 100% fruits or vegetables," they must be declared as added sugars.

For reconstituted fruit juice blends: "If [a] juice blend is reconstituted such that the sugar concentration is less than what would be expected in the same amount of the same type of single strength juice (e.g., less than 100% juice), the added sugar declaration would be zero." If the sugar concentration in the juice blend is greater than what would be expected in 100%, then the extra sugar must be declared as added.

FDA's guidance documents do not establish legally enforceable responsibilities. Instead, guidance describe its current thinking on a topic and should be viewed only as recommendations, unless specific regulatory or statutory requirements are cited. The use of the word *should* in FDA guidance means that something is suggested or recommended, but not required.

The agency is accepting comments on the draft guidance for 60 days from publication.

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